

# STRESSBUSTERS

Week 1: May 10 - 14

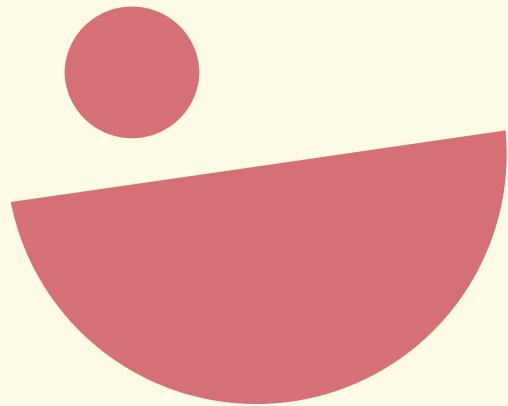
The full calendar can also be found at [go/presence](#), search the "Stress Buster" tag

**MONDAY** 10

## MIND VACATION

On your own time

Make some time to practice a stress reduction skill called guided imagery. Health Educator, Maddie Hope, walks you through this tool and gives you some ways to practice. Watch at [go/mindvacation](#)



**TUESDAY** 11

## BOOK THE MASSAGE CHAIR

Time 10am-2pm EST

By Appointment

Come enjoy a 15 minute massage in the Health and Wellness Education Office. Reserve a time at [go/BookTheMassageChair](#)

## MINDFUL MEDITATION: RECEIVING AND EXTENDING LOVE

3:15-3:45 pm EST

Mitchell Green Lounge

In this half hour of becoming more still, we will learn how to gather compassion for ourselves and extend it to others, using a technique based on the loving kindness practices of Buddhism. All are welcome and no background is required. Host: Rabbi Danielle Stillman

**WEDNESDAY** 12

## WISDOM WEDNESDAY

Time: 12:30pm EST

Virtual

Join Spiritual and Religious Life Dean Mark R. Orten for a half-hour of quiet contemplation with reading and music for our times.

Zoom link at [go/scottcenterevents](#)

## WALKING MEDITATION AT THE LABYRINTH

Time: 5-6pm EST

The Knoll

Visit the Knoll's labyrinth for a brief walking meditation lesson and practice in a peaceful setting. Register ahead of time at [go/walkingmeditation](#)

**THURSDAY** 13

## MINDFUL MEDITATION: RECEIVING AND EXTENDING LOVE

3:15-3:45 pm EST

Mitchell Green Lounge

Learn how to gather compassion for ourselves and extend it to others. Full description listed on 5/11.

## OUTDOOR MOVIE NIGHT: KNIVES OUT

8:00-10:00 pm EST

McCullough Lawn

Come with friends or on your own to take some time off from work and gather together!

If there is poor weather will be screen virtually. Log in information at [go/presence](#)

**FRIDAY** 14

## SELF-CARE IN ACTION WITH YOO-JIN KANG

Time: 2-3pm EST

In-Person/Virtual

Join visiting wellness practitioner, Yoo-Jin Kang to learn how to put self-care into action. This workshop explores different self-care practices, mind-body modalities, and accessible healing practices.

Register at: [go/SelfCareInAction](#)

## BREATHWORK AND MEDITATION FOR RELAXATION

1-1:25 PM EST

Virtual

Email: [bstobin@middlebury.edu](mailto:bstobin@middlebury.edu) to register. See full description on 5/21.

**SUNDAY** 16

## GOAT FARM FIELD TRIP

10am-12pm EST

Register at [go/goats](#) and get off campus to see BABY goats! Buses at ADK circle.

# STRESSBUSTERS

Week 2: May 17 - 21

The full calendar can also be found at go/presence, search the "Stress Buster" tag

MONDAY

17

## STRESS LESS BINGO

Time: 1-4pm EST

Ross Dining Basement

Stop by the Health & Wellness Education office to play Stress Less BINGO for a prize.

Don't have time to swing by, take a look at [go/stresslessbingo](https://go.stresslessbingo)

## 5-DAY GRATITUDE CHALLENGE

Sign up for daily gratitude prompts at [go/gratitudechallenge](https://go/gratitudechallenge) or follow along on Instagram @middhwe

TUESDAY

18

## MINDFUL MEDITATION: RECEIVING AND EXTENDING LOVE

3:15-3:45 pm EST

Mitchell Green Lounge

Learn how to gather compassion for ourselves and extend it to others. Full description listed on 5/11.



WEDNESDAY

19

## WISDOM WEDNESDAY

Time: 12:30pm EST

Virtual

Join Spiritual and Religious Life Dean Mark R. Orten for a half-hour of quiet contemplation with reading and music for our times.

Zoom link at [go/scottcenterevents](https://go.scottcenterevents)

## BOOK THE MASSAGE CHAIR

Time 10am-2pm EST

By Appointment

Come enjoy a 15 minute massage in the Health & Wellness Education Office. Reserve a time at [go/BookTheMassageChair](https://go/BookTheMassageChair)

THURSDAY

20

## SELF-MASSAGE AND YOGA FOR RELAXATION

Time: 5:30-6:30pm

Axin 220/Virtual

Enjoy a calming space and learn self-massage techniques with Melissa Bartley, Licensed Massage therapist and yoga instructor.

Register at [go/guidedselfmassage](https://go.guidedselfmassage)

## OUTDOOR MOVIE NIGHT: SOUL

8:00-10:00 pm EST

McCullough Lawn

Come with friends or on your own to take some time off from work and gather together!

If there is poor weather will be screen virtually. Log in information at [go/presence](https://go/presence)

FRIDAY

21

## SELF-CARE SCAVENGER HUNT

Time: 1-5pm EST

Join forces with friends or go solo. Scavenger hunt clues can be picked up outside of the Health & Wellness Education office in Ross. Clues at [go/selfcarescavengerhunt](https://go/selfcarescavengerhunt)

## BREATHWORK AND MEDITATION FOR RELAXATION

1-1:25 PM EST

Virtual

Drop-in style group providing simple, effective, and rejuvenating meditation and breathwork practices to increase relaxation and ease. .

Email: [bstobin@middlebury.edu](mailto:bstobin@middlebury.edu) to register

## AFFIRMATIONS FOR U

I believe in my ability to get through tough times.

Productivity is not worth.

I am allowed to express pain.